TRAUMA IN TORONTO

Four shootings, a homicide, a police standoff, a stabbing and even a lightning strike happened over the long weekend metroNEWS

Toronto metro

Your essential daily news | TUESDAY, AUGUST 2, 2016 High 27°C/Low 17°C Sunny

CHIMNEY SWIFTS

City's condo craze really is pushing out the little guy

metroNEWS

T.O. 2 RIO *Our athletes at the Games*

Crispin Duenas practices before heading off to Brazil to represent Canada. LIZ BEDDALL

SIGHT SET ON GOLD

Physics teacher by day, Olympic archer by night — this Toronto athlete is one of Canada's medal hopefuls

metroNEWS

TORONTO-BASED WEBSITE

Millennials personalizing their travels

May Warren
Metro | Toronto

What Kiran Samra remembers most about backpacking through Europe is touring Budapest with a young Hungarian friend, talking about the history of the city, and what it was like to live there.

"I really got to know the place more intimately," she said.

That experience led the 34-year-old to create Lokafy, a Toronto-based website that matches visitors to local guides who can show them their favourite nooks and crannies in the city — for a fee.

The site is the latest service looking to capitalize on millennial travel trends. Whether it's Lokafy, Airbnb or Couchsurfing.com, studies show younger travellers are on the lookout for more personalized travel options.

"People are sharing their experiences, they're sharing photos, so you want to do something that's unique, because everyone has the same photos," Samra said.

Toronto Lokafyer Katerina Valle, originally from Peru, said she feels travel has become "a commodity." Connecting with locals, she said, offers a more authentic travel experience. "There are so many people who are travelling all over the world but not getting anything from it. You want to be that person who gets it," the 25-year-old said.

Toronto is also home to a branch of the Global Greeters Network. Whereas Lokafy guides are paid, Global Greeters is volunteer run, and available in 100 cities worldwide.

300M

According to a 2015 travel survey from Destinations Canada, millennials made 187 million international visits, about 20 per cent of total global travel in 2010. That's expected to grow to 300 million trips per year by 2030.

Lokafy's workers talk travel, metroNEWS
Millennials' political manifesto, metroLIFE

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metro NEWS
Your essential daily news

Canada's only shark derbies get underway in Nova Scotia. **Canada**

'Allowed to be kids again'

SETTLEMENT

Refugee children take part in U of T sport program

Gilbert Ngabo
Metro | Toronto

Seven-year-old Hoda Mourad's face lights up as she lists things she wants to do when she grows up: doctor, ballet dancer, police officer, princess.

Her four-year-old brother Feras quickly cuts her off to list his own dreams: cycling, football, Batman, Superman, swimming, dinosaurs.

The siblings — who arrived in Toronto as refugees from Syria seven months ago — are spending the summer learning about Canadian culture through sport. They're among five Syrian children the University of Toronto has paid for to participate in its annual summer athletics program.

The family came to Canada through private sponsorship after living as refugees in Jordan. They now live in an apartment in the Danforth.

Both parents said they couldn't be more proud of their children.

"It brings an inexplicable feeling of happiness."
Ghader Bsmar

1 Camp UofT director Michael DeGiorgio helps Feras, right, and her sister Hoda play foosball in the school's athletic centre. 2 Hamza Mourad and his wife Ghader Bsmar are thankful to UofT for including their children Hoda and Feras in this year's summer camp. 3 Hoda and Feras have quickly become familiar with the university sports setting, with the help of camp director Michael DeGiorgio. LIZ BEDDALL/METRO

"To see them speak English and play with other kids, it brings (an) inexplicable feeling of happiness," their mother, Ghader Bsmar, said through a translator. "They have made big progress, and we're confident the good education will get them very far in life."

Sport is also a way to help the kids forget about the bad experiences they endured during the war back in Syria, said their father, Hamza Mourad.

"They used to be afraid of the sound of an airplane," he said, having seen jets drop bombs on their native city of Homs. "Now they have seen how other kids react to it, and they love it too."

Camp director Michael DeGiorgio said the goal is to get the kids immersed into the university environment and culture, especially since many come from rural areas in Syria.

The camp only started last week, but DeGiorgio says the Syrian kids have already become fast friends.

"If you didn't know they're new here, you wouldn't be able to tell," he said. "They're just out here being allowed to be kids again."

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Deadly weekend: Police see rash of violent crime

INVESTIGATIONS

Stabbings, shootings and car crashes in hot weather

A brazen daylight shooting in the Danforth Village on Sunday afternoon left a driver with injuries to his leg and arm.

A shooting near Yonge-Dundas square early Sunday morning wounded two men in their early twenties.

In Christie Pits park, a shooting during a Saturday morning fitness class left one man seriously injured and another grazed by a stray bullet.

And early on Monday morning in Little Italy police responded to reports of gunshots to find shell casings but no victim — at least at first. The victim made his way to the Toronto Western Hospital, but police say he is refusing to cooperate with the investigation.

Police continue to search for suspects in the four shootings over a long weekend that also saw Toronto's 40th homicide of the year, and a dramatic six-hour negotiation between Emergency Task Force officers and a man in crisis armed with a knife on a bus, that ended with no injuries.

The spate of shootings all took place in relatively busy areas over the balmy weekend — temperatures hovered around 25 degrees Celsius — perhaps further proof of the well-documented link between warm weather and increased crime.

A 58-year-old man was fatally stabbed in the neck Friday evening in a rooming house in the Church Street and Charles Street East area, possibly after an altercation. He was identified by police as Stephen Russell.

In a tragic freak accident, a 52-year-old man from Tillsonburg, Ont. died Sunday afternoon after being struck by lightning while mowing his lawn as a storm approached. Local media reported that the man, identified by the OPP as Dave Johnson, was a beloved husband and father of two who owned a pet store.

Also on Sunday, a man in his twenties accidentally drowned in a backyard swimming pool in Newmarket. Police were called to the home after 6 a.m. The victim did not live at the home.

Police managed to coax a man "in crisis" armed with a knife off a bus in North York after a six-hour negotiation. He was taken to the hospital in an ambulance and no injuries were reported, to the man or to the passengers or driver of the bus. Const. Craig Brister says charges have been laid but the details will not be released until the man appears in court Tuesday morning.

In another incident, police say a 15-year old boy pepper-sprayed two teens sitting on a park bench in the Parkwoods area at 1:30 a.m. Saturday and robbed them at gunpoint. The boy, who cannot be identified under the Youth Criminal Justice Act, was charged with robbery with a firearm, robbery with an offensive weapon, administer noxious thing with intent and possession of a prohibited weapon.

The weekend also saw a series of traffic accidents, including a cyclist killed after being struck from behind by a vehicle on Highway 5, north of Hamilton.

Another cyclist was hospitalized from the same Sunday morning collision with life-threatening injuries.

On Friday night two pedestrians were struck — one fatally — after a TTC bus collided with an SUV in Scarborough. Both pedestrians were men in their sixties.

On Monday at around 2 a.m. a TTC bus collided with a car in Malvern, injuring the five people in the car. Police have said no one on the bus was injured.

A two-car collision in Brampton on Saturday evening sent a 19-year-old to hospital with life-threatening injuries. In the early hours of Sunday, a Brampton man was airlifted to the hospital with life-threatening injuries after his vehicle flipped into a ditch. Three other men in the car were released with minor injuries. Police have said witnesses describe the car speeding.

In Toronto on Saturday night, a car crashed into a pole on Park Lawn Rd, south of the Queensway. The driver was hospitalized with serious injuries. Police are investigating the cause of the crash, the car was reported to have been moving erratically.

Anyone with information related to any of these incidents is asked to contact police at 416-808-1400, Crime Stoppers anonymously at 416-222-TIPS (8477), online at www.222tips.com or text TOR and your message to CRIMES (274637).

TORSTAR NEWS SERVICE

Police investigate a shooting near Yonge-Dundas square early Sunday morning.
TORSTAR NEWS SERVICE

DETAINEES

Different approach on the way

Wanted: An operator who can supervise migrants released from detention. According to a tender notice posted on a government website by Canada Border Services Agency, the successful bidder must also be able to enforce bail conditions, offer substance abuse programs, provide accommodation and hook up clients with jobs and education.

"The CBSA has been engaged in discussion with stakeholders on program renewal for alternatives to detention," said CBSA spokeswoman Line Guibert-Wolff.

"Our goal is to identify non-government areas of interest and expertise that may be able to provide enhanced alternatives to detention in the form of community-based services and programming."

Public Safety Minister Ralph Goodale has been under fire in recent months after a series of deaths of detainees held in immigration custody, including Chilean Francisco Javier Romero Astroga, 39, at Maplehurst Correctional Complex in Milton; Melkioro Gahungu, 64, a Burundian migrant at Toronto East Detention Centre, and an unnamed 24-year-old man in Edmonton Remand Centre.

More than 50 immigration detainees at Lindsay's Central East Correctional Centre and Toronto East began a hunger strike on July 11 demanding a meeting with Goodale.

So far, Goodale has refused to hear from the inmates and said his office has been exploring other alternatives to detention and trying to reduce the use of maximum-security jail to hold immigration detainees.

However, he has been mum about the alternatives under consideration and the tender notice provides a glimpse into the minister's vision.

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Chimney swifts are losing habitat because of new buildings with smaller chimneys or none at all. TORSTAR NEWS SERVICE FILE

Condo boom leaving birds homeless

WILDLIFE

Swifts cannot nest in smaller, slippery metal chimneys

Gilbert Ngabo
Metro | Toronto

Gentrification in Toronto is reaching new heights, causing a housing shortage for a rare kind of resident: the chimney swift.

Swifts, part of a larger family of insect-eating birds, typically thrive in urban settings, nesting inside chimneys. They lead a migratory life, heading south late in the fall to get away from the cold, and returning in the spring.

But Toronto's continuing condo boom is threatening the birds' habitat, says Emily Rondel of Bird Studies Canada. The swifts prefer to nest in the large brick chimneys available in older buildings, from houses to libraries or schools, but newer chimneys in the city are built of metal, she said.

"The metal chimneys are not big enough, slippery and quite dangerous for these birds," she said, noting the smaller size of modern chimneys prevents swifts from nesting together.

"And in certain cases some new buildings have no chimneys at all. It's a significant concern for the near future."

Bird Studies Canada is hosting an educational meeting Wednesday in High Park, where biologists will talk to residents about the issue and how to get involved in protecting the little birds.

"They're a threatened and declining species in this situation, both federally and provincially," Rondel said.

According to Bird Studies Canada, the chimney swift is also being impacted by climate change and the widespread use of certain pesticides.

Rondel said people can "be good swift hosts" by conducting regular chimney cleaning and maintenance when swifts are away, to avoid harming them while they're nesting.

7,500

The estimated number of chimney swifts in Ontario, according to Environment Canada.

CNE

HorseCapades rides into Exhibition Place

Get your cowboy boots on, because HorseCapades officially opened at Exhibition Place Sunday.

The series features daily attractions up until the start of the CNE.

But that's not the best part; all HorseCapades activities are free until Aug. 19. With free admission and activities ongoing all day, there's plenty to do.

At the Horse Palace ring, visitors can watch a trick riding show called HorsePower Live that plays twice a day, starting at 11:30 a.m. and 1 p.m.

For the children, there are pony rides that are on a first-come first-serve basis for kids 10 and under.

Six ponies will be available.

TORSTAR NEWS SERVICE

Quarter horse Memphis gets some pets after the first show.
TORSTAR NEWS SERVICE

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T.O. 2 RIO

Our athletes at the Games

A third shot at the Olympics

ARCHERY

Crispin Duenas regarded as top prospect for Canada in Rio

Joe Callaghan
For Metro | Toronto

When gravity will decide your Olympic fate, it pays to seek out the country's expert on the matter. So, when Crispin Duenas unleashes his first arrow at the 2016 Rio Olympics this week, the words of Canada's most famous astronaut will be in the forefront of his mind.

"When I was talking to Chris Hadfield, he said a quote that really resonated with me: 'anything that has happened before this moment is history; anything that can happen more than 15 seconds in front of us is theoretical; the only thing you can control are within the next 15 seconds,'" Duenas said.

Now en route to his third Olympic appearance, Duenas met and sang with Hadfield during a speaking engagement earlier this year.

"He was referring to being in the spacecraft and not dying... but it's so true. What happened before, I got a medal, great. But it's in the past, what am I going to do in the next 15 seconds that's going to affect my chance at winning again."

The medal Duenas refers to was of the world championship variety. Having competed in the Beijing and London games, he's regarded as one of Canada's top prospects in Brazil. You could say third time lucky, but you get the impression the 30-year-old, physics teacher by day, archer by night, doesn't put much stock in luck.

"I got really interested in physics when I was in high school, but I had started archery already," said Duenas, who may have inherited his eagle eye from his mother, who came from a military family in the Philippines and used to shoot mangoes from a tree — without damaging the fruit.

"Once I figured out how physics worked and started applying it to archery, that's when I started to become one of the best people to set up a bow in Canada. Quicker. More efficient.

"Archery has helped me in the classroom as well. Being able to go to different cultures (for competitions) and see how different people behave and react. Being in Toronto and it being so multicultural, it's very important to know how to behave around all cultures of children."

He may only be 30, but with two Games under his belt, Duenas is an elder statesman of sport. And unlike previous competitions, he says he's more focused because his non-sporting life — his education, his career, his long-term relationship — has come together.

"You can't brute force our sport," he says.

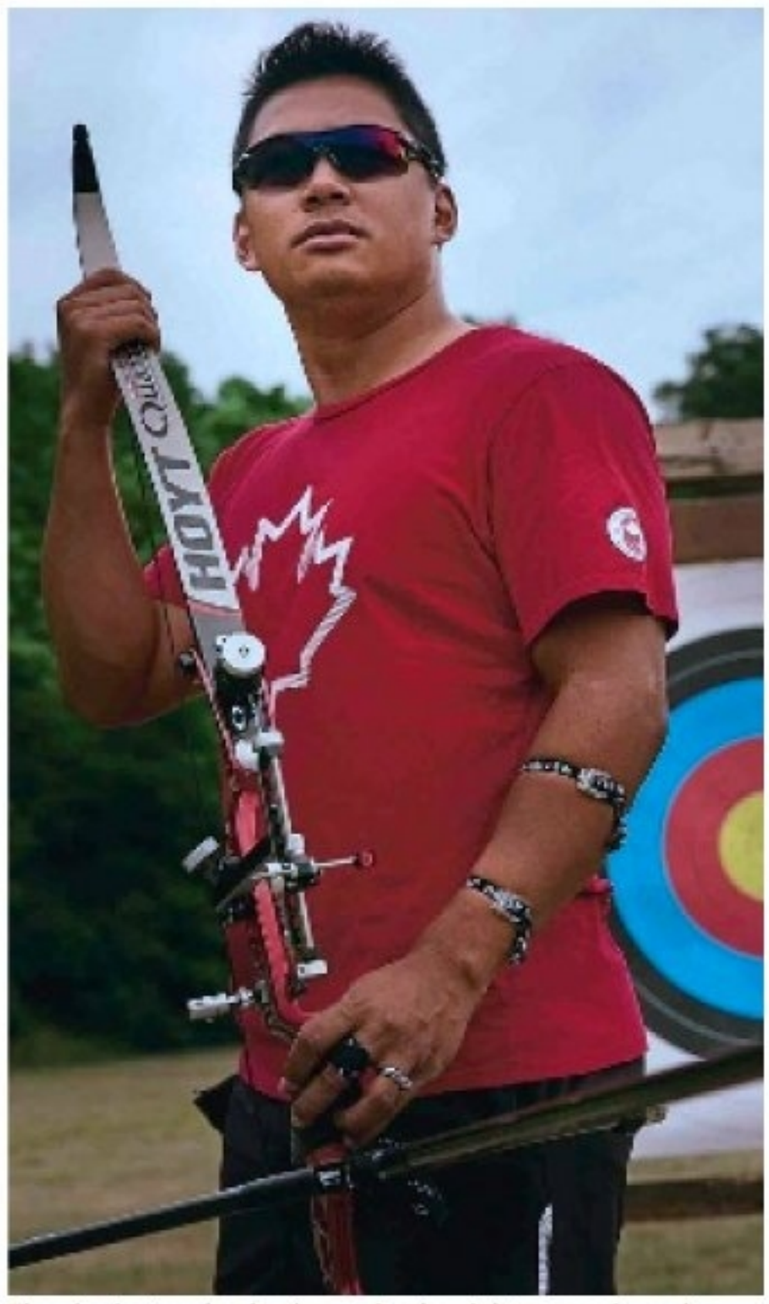
"It's a better advantage for a focus sport like that to have your life figured out. I'm still a fierce competitor."

Archer Crispin Duenas is aiming to add an Olympic medal to his quiver. COURTESY TEAM CANADA

THE PRICE OF ARCHERY

Olympic precision doesn't come cheap.

While Crispin Duenas says a good start archery kit can be bought for under $500, the real deal is pricier: "One of my bows cost $3,500. The arrows that I shoot are $600 a dozen and I usually travel with two bows and four dozen arrows. There's a lot of precision that goes into them — the way they fly, the way they behave when they hit the target 70 metres away. What do they do in between."



The physics teacher by day, archer by night, says science has helped him become a better athlete. LIZ BEDDALL/METRO

Motivation, mentoring key for first-time Olympian

As a high school student at Birchmount Collegiate, Brittany Crew would sit enraptured and soak it all when Olympians visited her class for motivational talks.

Turns out their words provided all the motivation she needed.

On Friday night in Rio de Janeiro, the 22-year-old shot putter will stride into the Olympic Stadium alongside one of those very same speakers, Crispin Duenas.

The archer will be competing at his third Games. For Crew, Rio 2016 is her first and the culmination of a lifelong dream.

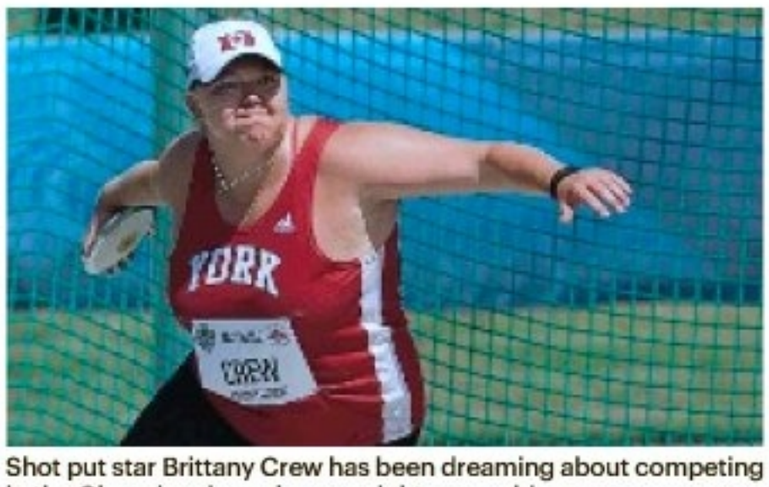
"When I was in Grade 12, so four years ago, I wrote in a lot of my teachers yearbooks 'save my picture, I'm going to be at the 2016 Olympics,'" she told Metro.

"I had forgotten ... but they were posting on Facebook. So to have that goal and to stick to it through so much, it's really rewarding."

Brittany Crew
COURTESY TEAM CANADA

Mississauga-born Crew is one of Canada's rising track and field stars. She sealed her place in Rio with victory at the national championships last month. So too did her throwing coach and mentor Richard Parkinson.

"He's the person that got me to where I am today so it's very special to have him there in Rio," she said. "It's going to take the anxiety out of the moment."



Shot put star Brittany Crew has been dreaming about competing in the Olympics since she was eight years old. THE CANADIAN PRESS

Mentoring is important to Crew. She may only be in her fledgling days as an elite athlete, but having faced bullying and other challenges on her own journey to Rio, she's intent on helping the next generation discover sport.

"I've had a lot of people that come into my school that really inspired me. I really want to do that for the youth of Toronto," she said. "We never really came from a lot of money. We weren't poor, we got everything we needed, but it was hard to pay for sports so I would like to partner up with a jumpstart and pay it forward that way.

"You don't see a lot of kids on the streets playing road hockey or whatever. They're cooped up inside. It's nice to inspire the youth to get out there because your childhood is a time to do that. Obesity rates are so high now in North America, it's important to get kids out."

Crew is studying kinesiology at York University, something that comes in handy when injuries strike. Fully healthy for her debut on the grandest stage, she's intent on literally throwing down a marker.

"I don't want to go in there and be a typical first Olympian, happy to be there," she insists. "I want to go in and perform well. I really want to get a personal best when I'm there and make it into that top 12."

JOE CALLAGHAN/FOR METRO

TRACK & FIELD

In the wide world of track and field, Crew falls into the latter category as a shot put thrower.

There are also two pole vaulters from Toronto in the Canadian team in Rio — Kelsie Ahbe and Shawn Barber — plus a whopping 16 track competitors from the GTA.

METRO ASKS

What's your ideal travel day in Toronto?

May Warren
Metro | Toronto

Toronto is in the midst of a banner summer for tourism, driven by the weaker dollar and the city's growing prominence as a destination. But when you've caught the view from the CN Tower or finished your picnic on Centre Island, how do you get off the beaten path and see some more of the city's unique attractions? To find out, Metro asked five aspiring tour guides working at Lokafy.com to tell us what their ideal travel day in Toronto would be.

Valle

Katerina Valle, 25, originally from Peru, shapes tours based on individual interests, but she likes taking her tour guests through Kensington Market, dropping in at the Hibiscus Café and then, weather permitting, by bike through Ossington Avenue, Little Italy, and Trinity Bellwoods Park.

Choudhury

Purna Choudhury, 23, likes to take guests around Queen Street West to different coffee shops, and then to graffiti alley. A Scarborough native, she also enjoys taking them to Rouge Beach — the "secret" spot for sand and sun in her old neighbourhood.

Luzietti

Originally from Italy, Damiano Luzietti, 27, has lived here eight months. He loves showing people one of our best assets: food. A fave spot is Carousel Bakery at St. Lawrence Market (tip: try the peameal bacon sandwich). He also likes to take tourists on a walk to the Beach from downtown.

Just

Laura Just , 27, likes to start at Koreatown's Hodo Kwaja bakery before heading to Market 707, a collection of street food spots in shipping containers. Other spots are: Draper Street and its strip of century-old heritage homes surrounded by development, and Caesars at Hunters Landing in Liberty Village.

Zhao

Interested in the tech and start-ups in the city? Tian Zhao's your man. The 24-year-old takes niche travellers to various co-working and tech innovation hubs in the core. Among his tour highlights are Ryerson's DMZ, the Centre for Social Innovation in the Annex and the MaRS Discovery District.

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SOCIAL MEDIA

App creates space for indigenous youth

Imagine being thousands of kilometres from home, in a place where few people understand who you are or where you come from.

You turn to social media, hoping to find a community, and instead you're inundated with ignorant or hateful comments about your people and your home. What do you do?

If you're York University grad student Alejandro Mayoral Baños, who hails from Oaxaca, Mexico, you build the Indigenous Friends app.

"There is no space in cyberspace for aboriginal people," Baños said, "so we decided to create this space."

The online world can be inhospitable for many indigenous people, especially youth, he said, where even well-meaning Facebook posts can draw out vicious, racist comments.

Indigenous Friends is free of that. The app works much like Facebook, where verified users create accounts using a unique login code and network with others nearby. There's even an elder on call.

Although it's still only in beta testing — with about 35 York students using it — attention is growing. Baños has joined forces with The North-South Partnership for Children, a charity that works with 30 remote First Nations communities across Northern Ontario. Together, they're hoping to get the app into high schools.

TORSTAR NEWS SERVICE

SUPPORT

The app's users can tap into a web of supports — everything from emergency crisis counselling to advice on applying for financial support. An "I need help now" button sends contact and location information immediately to someone designated to help.

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Chantal Garcia drops in from off the fence during a skate at Dufferin Grove Skate Park on June 10 during a Babe's Brigade skate meet-up. TORSTAR NEWS SERVICE

Taking over skate parks

SKATEBOARDING

Female clubs help board fans break into the sport

A group of female skateboarders are kick-flipping their way into Toronto skate parks, and a new generation of girls could soon be chasing them down the half-pipe.

Babes Brigade, a skateboarding meet-up group, was formed last year and is paving the way one ollie at a time for female board fans looking to break into the sport.

Founder Stephanie Battieste says she was sick of seeing women underrepresented in skate magazines, videos and on the streets of the city. So she called up some friends and created a Facebook page.

"Having a community has been pretty instrumental in my growth over the past couple years," says Battieste, 29. "I just wanted to give that back and spin it outward."

The group meets weekly to forge a stronger community out of the women's street-surfing set.

For Parm Kaur, 20, the crew couldn't have come soon enough. She first started skateboarding at the park across the street from her childhood home in Orillia, and faced resistance and isolation from her male peers.

She says women are still being demeaned and objectified. "If you go to a YouTube video of a girl skateboarding, you'll see comments by guys: 'That girl's pretty good — for a girl,' or, 'I wish I could find a girl that skateboards.'"

Babes Brigade takes it in stride, playfully appropriating that unsolicited sexualization. And it's been getting noticed. Members hosted a well-attended, women-only skate contest in East York in March, appeared in an Ontario hip-hop artist's music video and adorned the pages of Fashion Magazine.

Babes Brigade isn't the only all-female club in town. A new partnership between the City of Toronto and the Chill Foundation is bringing skateboarding to a new generation of girls, run out of the Grandravine Community Recreation Centre on Tuesday evenings. TORSTAR NEWS SERVICE

Stephanie Battieste rests on her skate alongside friends at Dufferin Grove Skate park on June 10. TORSTAR NEWS SERVICE

Photos show cars at a Fort McMurray dealership being inundated with water after heavy rains callused localized flooding Sunday. COURTESY MADYSON DOUCET

Fort McMurray hit by flooding

NATURAL DISASTERS

Emergency ops underway two months after wildfire

Brodie Thomas
Metro | Calgary

Fort McMurray hasn't seen a plague of locusts yet, but it can add flooding to the list of natural disasters it has experienced this year.

Low lying parts of the city saw flooding after a day of heavy rain on Sunday, causing the city to activate its emergency operations centre.

Dennis Morais lives in the community of Gregoire, in the city's southwest. While his home wasn't directly affected, he drove down for a closer look.

"It was flooded by the high school and just by Highway 63," he said, noting that police had to close off some roads to traffic.

Morais said he heard that many of his neighbours had flooding in their basements.

85 mm

Fort McMurray received around 85 millimetres of rain in just two hours on Sunday.

While vehicles with wheels were blocked from the flooded areas, that didn't stop Tyrone Kendell, another Gregoire resident, of trying out his sea-doo in about four feet of flood water.

"A couple of my buddies dared me and I went through with it."

Kendell said he was out for about five minutes before he saw the city's pump trucks coming and decided to get out of the way.

Darby Allen, director of emergency management for the municipality, said in an email that the region received around 85 millimetres in just two hours on Sunday.

Environment Canada issued a rainfall warning for Fort McMurray and surrounding areas on Sunday morning and continued the warning later in the afternoon.

The forecast said some areas could receive thunderstorms that deliver 100 millimetres of rain or more.

By Monday, the flooding had subsided, leaving those with flooded basements to clean up yet again.

A wildfire spread into the city on May 3 and forced more than 80,000 people to leave for nearly a month.

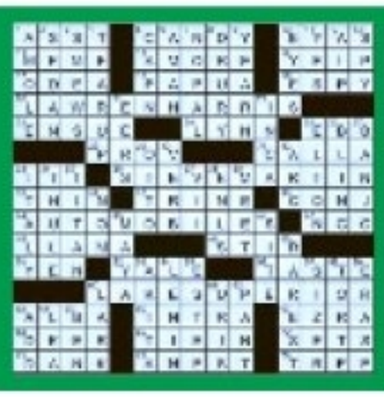
It destroyed roughly 2,400 homes and other buildings, about one-tenth of the city.

WITH FILES FROM THE CANADIAN PRESS

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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7	3	5	1	2	4	9	8	6
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Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

Recently an Italian study of a sugar-blocking supplement showed impressive weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in only 90 days.

The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were on a controlled diet, but without a mulberry supplement. In addition, the subjects also experienced healthier blood sugar levels after using this mulberry supplement.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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A new public health battleground

OBESITY RATES

Charity giants' new campaign takes on junk food industry

David P. Ball
Metro | Vancouver

They're calling junk food the "new tobacco" war.

Some of Canada's largest and most influential health charities — led by the Heart and Stroke Foundation and the Childhood Obesity Foundation — are girding for a battle they're comparing to their 1990s campaigns against the cigarette industry.

The new target: food marketing to children. The Stop Marketing to Kids Coalition has blossomed to more than 30 other organizations across Canada. And because of the risk unhealthy products could pretend to be healthy, they're pushing for a complete ban on all food and beverage advertising aimed at under-18s.

"We're seeing higher rates of hypertension, diabetes and high cholesterol," explained Mark Collison, the Heart and Stroke Foundation BC & Yukon's director of government relations and health promotion. "We've even got kids with Type 2 adult-onset diabetes now getting the disease in their late teens.

"It's become really insidious. Ninety per cent of food marketed to children is high in sugar, salt and fat. Industry has no business, really, in the minds of kids."

The coalition's manifesto: the Ottawa Principles, a nine-point plan to stop marketing primarily targeted at children, to prevent advertising in schools and daycares.

Mark Collison of the Heart and Stroke Foundation BC & Yukon. DAVID P. BALL/METRO

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TOURNAMENT

Mind your fingers at the shark derby

For most Canadians, sharks are objects of mystery and fear — unblinking, primeval monsters of the deep whose razor-sharp teeth are the stuff of nightmares.

In Nova Scotia, however, for a few weeks every summer they are objects of desire.

Unique in Canada, the province hosts annual shark derbies every August, in which hundreds of anglers pay for a chance to land one of the top predators of the sea.

These fishing tournaments have been closely monitored by the federal Fisheries Department since they started in 1993. Four are scheduled for the next two weekends: two in Cape Breton and two along the province's southwest shore.

"Just to feel it, even if it's a little one, you've got something there that's very powerful," said George Benham, president of the 25th annual Lockeport Sea Derby. "It can run for a minute or two and a time, and the line is flying off the reel. It's exhilarating."

Benham says the town's festival also offers prizes for those who catch the largest mackerel and groundfish, typically cod, pollock and haddock. But it's the big sharks that attract the most attention when fishermen haul them onto the wharf to be weighed and examined by federal scientists. Benham, a lobster and cod fisherman, admits shark fishing can be dangerous. "If you catch one, and you start putting your hands and fingers around their mouth — well, that's not a smart thing to do," he says.

Virtually all of the sharks landed during the derbies will be blue sharks, the most abundant type of shark off Nova Scotia and southeastern Newfoundland. THE CANADIAN PRESS

A 3.3-metre, 492-kilogram mako shark caught at the 2004 Yarmouth shark derby. THE CANADIAN PRESS

IN BRIEF

Quebec politician Sylvie Roy died of hepatitis

A Quebec provincial politician who died suddenly Sunday succumbed to an acute hepatitis, one of her political aides said Monday.

The cause of Sylvie Roy's death was confirmed by Eric Vachon, a close confidant of Roy's.

Roy, an independent member of the Quebec legislature, passed away at L'Enfant-Jesus Hospital in Quebec City, surrounded by friends and family. She was 51. Her office said Roy had been hospitalized since late June with "serious discomfort" and her condition deteriorated rapidly. The exact cause of the illness — which attacks the liver — remains a mystery. THE CANADIAN PRESS

Balloon pilot flew despite past record

TEXAS

Man involved in deadly crash convicted of drunk driving

The pilot of a hot air balloon that crashed in Texas, killing 16 people, was able to keep flying despite having at least four convictions for drunken driving in Missouri and twice spending time in prison.

Whether the pilot's drinking habits had anything to do with the crash was unclear. A former girlfriend described Alfred "Skip" Nichols as a recovering alcoholic. She said he had been sober for at least four years and never piloted a balloon after drinking.

Nichols, who had been stripped of his driver's licence at least twice, "couldn't drive a car but he could pilot a hot air balloon," said an attorney who represented a passenger who sued Nichols in 2013. The passenger said she was hurt when Nichols crash-landed a balloon in the St. Louis suburbs.

Had he been a commercial airplane pilot, Nichols probably would have been grounded long ago.

The Federal Aviation Administration might allow a recovering alcoholic to fly commercial jets if the pilot could show that he or she was being successfully treated, said John Gadzinski, an airline captain and aviation safety consultant. But the agency is unlikely to accept an airline pilot with convictions for driving under the influence, he said.

The 49-year-old Nichols also had a long history of customer complaints against his balloon-ride companies in Missouri and Illinois dating back to 1997.

THE ASSOCIATED PRESS

A crew hoists a bag holding the remains of the hot air balloon.

DEBORAH CANNON/AUSTIN AMERICAN-STATESMAN VIA THE ASSOCIATED PRESS

FLORIDA

Zika warning issued for Miami

Government health officials warned pregnant women Monday to avoid a Zika-stricken part of Miami and told couples who have been there recently to put off having children for at least two months, after the number of people feared infected through mosquito bites in the U.S. climbed to 14.

In its highly unusual and perhaps unprecedented travel warning, the Centers for Disease Control and Prevention also said expectant mothers should get tested for the virus if they have visited the neighbourhood since mid-June.

> **If you're pregnant or think you might be pregnant, avoid travel to Miami.**
>
> Tropical medicine expert Dr. Peter Hotez

All 14 cases are thought to have occurred in Miami's Wynwood arts district, a trendy, fast-gentrifying neighbourhood of warehouses, art galleries, restaurants and boutiques.

Gov. Rick Scott asked for a CDC emergency response team to help Florida combat Zika, which has been sweeping Latin America and the Caribbean in recent months and now may be gaining a long-dreaded foothold in the U.S. The White House said a team will be sent quickly.

Health officials last Friday announced that mosquitoes have apparently started spreading Zika on the U.S. mainland, citing four cases they strongly believe were caused by bites. Ten more cases were announced Monday, even though Florida authorities have yet to find any mosquitoes actually carrying the virus.

CDC officials said they could not remember another time in the 70-year history of the disease-fighting agency when it told members of the public not to travel someplace in the U.S.

Zika infections in pregnant women can cause severe brain-related birth defects, including extremely small skulls. The global outbreak has led to more than 1,800 serious defects.

The virus can linger in the blood and urine for weeks, and has been found in sperm for months. As a result, the CDC said men and women who have recently been in the affected area should wait at least eight weeks before trying to conceive a child.

THE ASSOCIATED PRESS

IN BRIEF

Five dead after Russian chopper shot down in Syria

Rebels in Syria shot down a Russian combat helicopter on Monday amid fierce fighting around Aleppo, killing all five people on board in the deadliest single incident for the Russian military since it became embroiled in Syria's civil war 10 months ago. The downing came as the Syrian army fought to repel a rebel attempt to break the government's siege of Aleppo.

THE ASSOCIATED PRESS

Taiwan leader apologizes to aboriginals for suffering

Taiwan's president on Monday apologized on behalf of the government to the island's aboriginal peoples for 400 years of conquest and colonization, saying the facing of difficult historical facts was necessary for society to move forward.

Tsai Ing-wen said her government wished to "take a further step" and offer its "fullest apology."

THE ASSOCIATED PRESS

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METROLINX

Members of forces loyal to Libya's unity government take part in the military operations against Daesh in Dollar neighborhood in the center of Sirte, 450 kilometres east of Tripoli.

MEDIA CENTRE OF THE GNA FORCES MILITARY OPERATION AGAINST IS IN SIRTE/HANDOUT/AFP/GETTY IMAGES

U.S. strikes Daesh from sky in Libya

COALITION

Action follows worries about group's rising threat to Europe

The United States launched multiple airstrikes against Daesh militants in Libya on Monday, opening a new, more persistent front against the group at the request of the United Nations-backed government, Libyan and U.S. officials said.

Fayez Serraj, the head of Libya's UN-brokered presidency council, said in a televised statement that American warplanes attacked the Daesh bastion of Sirte on the Mediterranean in northern Libya. No U.S. ground forces will be deployed, he said.

The precision strikes, which targeted a Daesh tank and vehicles, come amid growing concerns about the group's increased threat to Europe and its ability to inspire attacks across the region, even though its numbers have been shrinking because of attacks from local forces and allied international troops.

"The presidency council, as the general army commander, has made a request for direct U.S. support to carry out specific airstrikes," Serraj said. "The first strikes started today in positions in Sirte, causing major casualties."

The strikes mark the start of a more intense American role in the fight against IS in Libya, as the U.S. steps in to assist the fragile, UN-backed government. They were the first strikes by the U.S. on the group in Libya since February, and they are expected to continue. But officials said they expect the air campaign will last weeks, not months.

Obama's authorization for action in Sirte covers strikes, intelligence and surveillance, but not ground operations, according to a White House official, who wasn't authorized to speak publicly about the strikes and requested anonymity.

Serraj said his government is joining the coalition against Daesh, adding, "This is the time for the international community to live up to its promises to the Libyan people."

He also noted that the strikes will not go beyond Sirte and its surroundings. He said any other foreign intervention is not allowed without co-ordination.

His warning comes after several French commandos were killed fighting Daesh militants. U.S., French, British and Italian special operations forces and military experts have been assisting Libyan troops fighting Daesh militants in eastern and western Libya.

THE ASSOCIATED PRESS

6,000

U.S. officials earlier this year estimated there were as many as 6,000 Daesh insurgents in Libya.

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That's what hotel chains believe, and thanks to technology, they have already begun to offer entry via smartphone.

In the hotel room of the future technology will simplify things. There will be one less plastic card to lose and technology will anticipate your needs, switching on lights or dispatching a robot to deliver extra towels or pillows.

Keyless entry is available at the Aloft Hotel in Vaughan, Ont., where people can check in using the Starwood app, get a notification when their room is ready, and be sent their room number, without talking to anyone.

"It's very easy to lose your key, but you never lose your phone," said Matt Rattray, general manager of the hotel, next to the Vaughan Mills shopping mall. "Guests like to bypass the front desk."

On a recent visit, Rattray found three guests had used the keyless entry program by early afternoon, though they must have stayed previously at that hotel at least once to bypass the front desk entirely.

And don't think about using it as a way to sneak around for secret trysts, because only one guest can use their smartphone at a time.

Rattray says the Aloft hotel focuses on technology, ensuring a 100 megabits per second speed for its Wi-Fi, which is available throughout the hotel — along with plenty of outlets where users can charge devices at tables in the lobby.

That reflects a growing desire for the third place — not your home, not your office, but another space to work. Call it the Starbucks effect.

The Starwood chain has the Botlr — a robot that can deliver items to guests. But it can't knock, so it's programmed to call a room on arrival so the guest can retrieve their item.

The idea behind the robot is to get rid of customer pain points such as waiting in line to ask an employee a question.

"If you can offload the 10 most frequently asked questions to a front desk person, you're freeing that person up to check people in faster, anticipate guest needs and react to requests faster," said Jim Holthouser, executive vice-president for global brands at Hilton. TORSTAR NEWS SERVICE

Meet the Botlr — a robot being rolled out at Aloft hotels in the U.S. If you need extra towels or a toothpaste, send the request from your smartphone and the Botlr will be right up. CONTRIBUTED

Customer service gets a tech upgrade

Robot concierge: Hotels are using robots to do some repetitive tasks, such as fetching extra towels or pillows. The Hilton chain has Connie, while at Starwood, there's the Botlr, which executives say frees up staff to help guest with other tasks.

Plug and play: With travellers arriving with multiple devices, often loaded with favourite shows or movies, hotels are making sure they can be played on the room's TV. .

Instant chat: Marriott says its check-in and check-out service on its app is popular, and it lets guests use chat feature to ask specific questions.

Quick feedback: Hotels.com will ask guests to send real-time reviews upon check-in — click on a smiley face or frowny face to a few simple questions including the room and location, and problems can be promptly fixed. TORSTAR NEWS SERVICE

Four Points Sheraton hotels is testing a smart mirror offering news, sports scores and the weather forecast. CONTRIBUTED

THE INSTANT BESTSELLER
from the Emmy and Peabody Award-winning head writer of *Inside Amy Schumer.*

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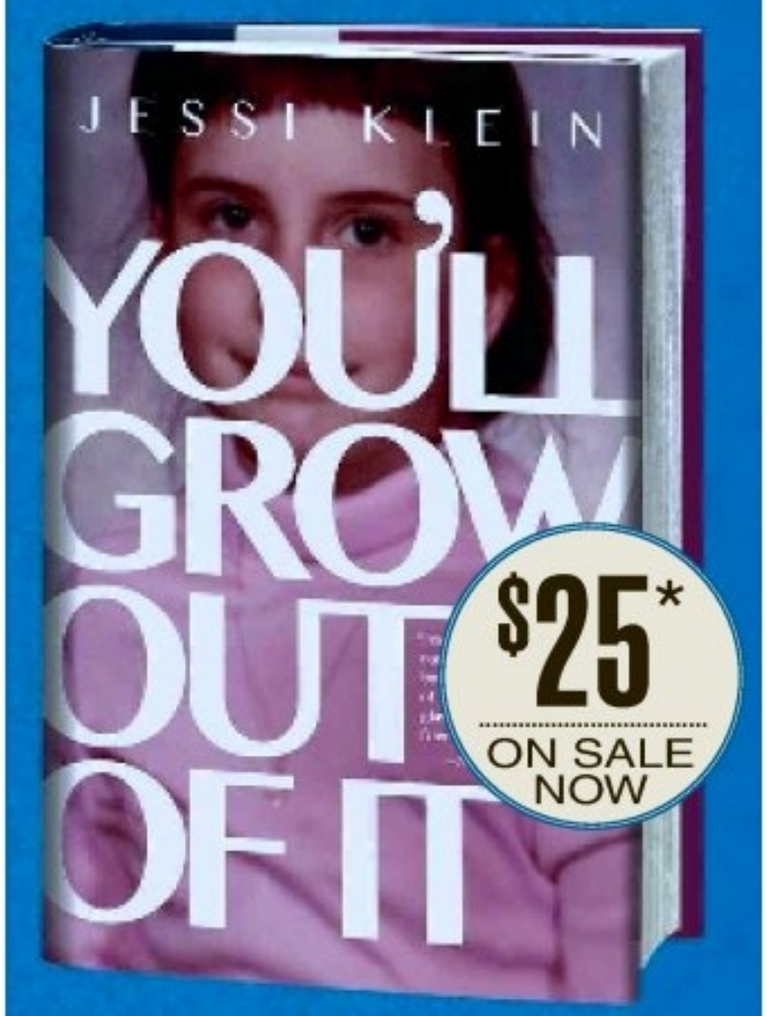
—AMY SCHUMER



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—THE TORONTO STAR

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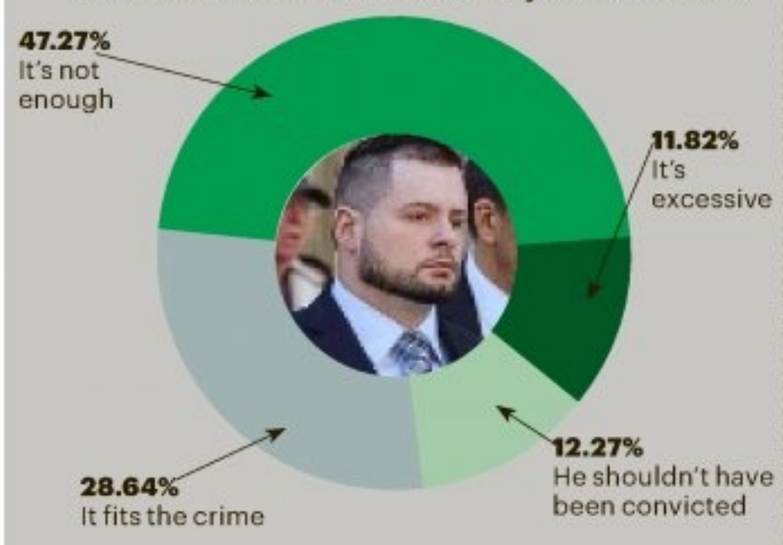
metro VIEWS
Your essential daily news
Tuesday, August 2, 2016

METRO POLL

Was James Forcillo sentenced fairly?

In January, Toronto police constable James Forcillo was convicted of attempted murder for shooting Sammy Yatim, 18, on a streetcar. Last week, Forcillo was sentenced to six years in prison. The judge said that six of the nine shots fired by Forcillo were "unnecessary and unreasonable and excessive." Forcillo's lawyers have said that he is the only police officer in Canada to be convicted and sentenced for attempted murder. We asked for your take.

1 What's your opinion of Toronto police constable James Forcillo's six-year sentence?



WE ASKED Metro readers

Sammy was being held captive in the streetcar. None of the 9 shots needed to be fired.

8-10 years would have been more just, and perhaps stood as some sort of deterrent in the future.

Police should be tried like everybody else.

When the people who we entrust to uphold the law break it. The consequences should be greater. The sentence was not enough.

He was just doing his job, he is not a criminal.

The gun can't be the answer to every confrontation ... Officers need better training.

If you truly read the details and reasoning behind the sentencing with an open mind, the decision/ sentence is well thought out.

visit metronews.ca
HAVE YOUR SAY

Try building more housing, not taxing foreign buyers

TORY'S TORONTO
Matt Elliott

Last Monday, British Columbia Premier Christy Clark announced a plan to introduce a 15 per cent tax on foreign real estate buyers in Vancouver. It's part of a bid to make housing more affordable in an overheated market where dilapidated trash shacks routinely sell for more than a million dollars.

And since Toronto also has a strong real estate market — not Vancouver-level hot, but our trash shacks are still pretty pricey — it didn't take more than a day before our politicians were looking at Clark's tax and musing about jumping on the bandwagon.

Ontario Finance Minister Charles Sousa said he's looking closely at the tax. Toronto Mayor John Tory wouldn't rule out supporting something similar in Toronto, though cautioned that he's taking a wait-and-see approach.

But me, I've seen enough. This policy proposal is a waste of time.

It's not that I don't understand the political appeal. In these Trumpian times, blaming people from other countries for local problems is easy and fun. But urban housing affordability is a serious problem in need of a serious solution, and there's little indication that taxing foreign buyers will do anything to really address it.

The reasons are many. Foreign buyers represent a relatively small percentage of overall home buyers — less than 10 per cent, by most measures. Challenges tracking these purchases — and the ability to buy through a proxy — will make enforcement of the tax a bureaucratic nightmare.

And, more importantly, what affordability problem specifically is this tax trying to solve? If the concern is that too many buyers are buying up properties purely as investments, neither living in them or renting them out, then why does it matter whether these buyers are foreign? Runaway real estate speculation is more effectively addressed with general increases to land transfer and property taxes.

But even those are half-measures when it comes to really addressing the problem of housing affordability.

Because the real fix is building more homes.

If that sounds simplistic, it's because it is. Fundamentally, housing affordability is an issue of supply and demand. There are more people looking for places to live than there are homes.

In the face of this imbalance, the best thing governments can do is encourage more building.

That doesn't mean letting developers run wild, but it does mean encouraging widespread development of a range of mid- to high-density housing — a mix of badly needed market-rate rental buildings, dedicated affordable housing, old school co-op housing and (as much as hipsters like to hate on them) condos.

The issue with this approach is that, in our NIMBY-dominated times where even small condo proposals provoke furious letter-writing campaigns, this kind of large-scale development push would be unpopular. For politicians, it's easier to play the blame game.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

Couples preparing for each other's death: The final compromise

If, like me, you're in your 30s, you might also have reached the stage in life when your parents plan their funerals.

It's a reasonable enough conversation. Cultural and religious norms that were once automatic have been usurped by personal preferences; we've undergone a democratization of death. But an underlying tension remains: Do we mark death for the dead or the living?

"Once you have died, it's about the people who've been left behind," my mum told my dad. They were in the kitchen, and she'd just returned from a Catholic funeral-info session, covering what personal details a priest might need for the service and keeping the eulogies short and sweet.

Mum, the religious one, had come away with an interesting idea: She would be planning her own funeral, yes, but also my non-religious dad's.

You'll have a church service said in your name, she told him. For her sake.

"I will?"

"You can't just die and be put in our compost bin," she said.

What about being cremated in the barbeque "until I fit in an urn," he countered playfully.

"You'll be sorry one day," she warned. But she agreed there should be a party: "We'll get drinks, a couple of frozen lasagnas and some Caesar salad."

"Oh thanks, big spender!"

"It'll be a wake — lots of drinking going on. Where it is and how it works out, we'll have to see about that," she said.

"I have got to get busy on this one," said dad.

Neither has any need for a cemetery plot, they said, which is just as well. Those are becoming elusive, and pricey: Toronto might be out of death space in 10 or 15 years, and Vancouver's plots were going for $25,000 last year.

Mum redoubled: Not a full funeral for dad, but a mass held in his name at the Catholic church where she's a scripture reader, a gardening volunteer and the new head of an environmental group.

"I could still say what readings we do and what songs we sing," she told him.

"You can say, or I can say?!" Dad asked. Then, to me, with a grin: "When mum goes to bed, she still goes to her bed. I can see this is going to be an interesting process."

Listening to them, it occurred to me that this was probably the most logical way for a couple to think about death. That is, collaboratively. Since they've spent their lives compromising and caring for one another's needs, why not carry that right on into funerals? Thus: No surprises, no disappointments, and perhaps even the extra comfort that the very last act in your life as a couple, you did together.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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Economy, debt, gun control

AMERICA VOTES

Twin activists offer insight into millennial politics

Genna Buck
Metro Canada

In their new book When Millennials Rule, David, left, and Jack Cahn write that millennials are realists not ideologues. CONTRIBUTED

They couldn't be less like the stereotype. Far from being shiftless, lazy millennials, Jack and David Cahn, at just 20, have organized student movements, travelled across the United States as champion debaters and embarked on engineering studies at the University of Pennsylvania.

And now, in time for the 2016 U.S. presidential election, they've penned When Millennials Rule: The Reshaping of America. It's a comprehensive look at the hopes, dreams and political leanings of the 80-million-strong cohort born between 1980 and 2000, who will come to dominate American public life in the near future.

David Cahn sat down with Metro. The following is edited and condensed for clarity.

We've had a couple of nutty weeks in American politics. From the millennials' eye-view, what struck you from each of the conventions?
The most impactful moment of both conventions was President Obama's speech. Millennials elected him. They were disappointed in him for the first few years, but he will be remembered by history as a president millennials support and love, and they'll compare future presidents to him.

I saw Donald Trump's speech (at the Republican National Convention). This is my personal reaction — I'm not speaking for millennials now — this was his "I'm a fascist" speech. It was almost out of a history textbook.

You read about how these leaders came to power by preying on people's fears. I mean, verbatim, that's what he said. He said "You are in danger."

Talk about the core millennial values you've identified — optimism, authenticity and tolerance. Why these three?
We travelled around the country talking to millennials. We went through a lot of research reports and surveys, and these are always in the top five. First, authenticity: I mean look at their votes for Ron Paul (in 2012) and Bernie Sanders. People are really searching for authenticity. As for optimism, just look at Obama's message. Even though two-thirds of millennials are living paycheque to paycheque, 80 per cent think they're going to be better off than their parents. It doesn't get more optimistic than that. And tolerance for diversity: American public schools today are majority minority. We have a much different perspective on immigrants and on (minority) groups, because we've been integrated with them.

You write that millennials are realists, not ideologues. But this is an incredibly ideological election. The Bernie or Bust crowd are the opposite of realists.
I disagree with that. Millennials did not support Bernie Sanders because of his ideology. They want change. And (Sanders) talks about the issues that matter to young people. He's the one talking about Black Lives Matter. He's the one talking about college debt. He is a pragmatic, non-ideological choice.

Who's going to win millennials in November?
I'm very confident Clinton will win a broad mandate with millennial voters — if they show up to the polls.

How can she make that happen?
She has to make a positive case for herself. Millennials will just sit out this election if they feel it's a choice between the lesser of two evils. She needs to talk about the issues that matter to millennials, to everybody. That's the difference between pandering and being authentic.

What are those issues?
The economy, student debt, and gun control.

Gun control, really?
Yeah, surprisingly. According to the justice department, one in five millennials has seen a shooting. That's a terrifying number. These are the people feeling the impact (of gun violence) the hardest.

Millennials, you write, have contempt for politicians. Where's that coming from?
Millennials have had maximal exposure to just how broken the political system is. In 2000, the first millennial election, the Supreme Court chooses the president. In 2008, we elect a president who is supposed to change everything, but in 2012, millennials still don't have jobs, and Mitt Romney says 47 per cent of the country is moochers. And 2016 we have Trump and Clinton. It seems like it gets worse every time.

You are both engineering students, but you wrote this political book. Are you pivoting toward a life in politics? Even a run for office?
This book highlights just how differently millennials think about public policy. If they think about making change, they think about apps, and about the Internet and entrepreneurship, not about running for office. I can make a bigger impact there than I could in politics.

JOHANNA SCHNELLER WHAT I'M WATCHING

Hillary gets a little Hollywood help

THE SHOW: Hillary Clinton biopic video, Democratic National Convention
THE MOMENT: Humanizing Hillary

Hillary Clinton, the first woman nominated for U.S. president, sits at a kitchen table wearing a simple striped shirt. "My mother wanted me to be resilient and she wanted me to be brave," Clinton says. "I was 4. The kids in the neighbourhood would pick on me. It was my first experience with being bullied. I'm running into the house and my mother met me. She said, 'There's no room for cowards in this house. You go back outside and figure out how you're going to deal with what these kids are doing.'"

This video — produced by TV powerhouse Shonda Rhimes, and solemnly narrated by Morgan Freeman — hits all the right notes, from Clinton's humble roots and her fight for women's and children's rights, to her participation in the operation that killed Osama bin Laden and her new role as grandmother. But her childhood story really stood out for me. "My mother was tough," Hillary is saying (She's always "Hillary" in the video). "She toughened me. Now I can deal with anything."

Clinton's video aired the night after another stirring video — the one Davis Guggenheim (An Inconvenient Truth) made extolling the accomplishments of Barack Obama. It consisted mainly of still photos of Obama looking thoughtful, while unseen interviewees offered examples of his strength and compassion. Both shorts had a simplicity that belied their stellar production values, and both were highly affective. When you're pitching your life story to the American public in 12 minutes, it helps to have Hollywood on your side.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

When you're pitching your life to the American public in 12 minutes, it helps to have Hollywood — especially Shonda Rhimes — on your side. CONTRIBUTED

Does this colour make you want to go shopping?

Strong contrasts like black and yellow cause our attention to perk up. ISTOCK

MONEY MATTERS

Many things can influence impulse buys, so beware

Gail Vaz-Oxlade
For Metro Canada

Whenever I have a big purchase to make, I imagine buying it or place the item in a "shopping cart" online, then sleep on it for a few days.

I find that if I load up the cart in my brain and then sleep on it, I can decide with fresh eyes how much I really want what I've put in my cart, and whether I'm happy with the price.

Heaps of things can influence your desire to impulse shop. According to research, most impulse purchases are made because the item is on sale. Yup, just the idea that you may be getting a bargain is enough to make you dig into your wallet. Thing is, if you're responding on impulse, how can you possibly know if you are getting a good deal? And if you're responding to a percentage off, what does that mean in real dollars saved versus the very real dollars spent?

It's not just the numbers or words on the sale sign that will grab your attention. Colour can draw you in and keep you focused. Strong contrasts, like black and yellow, are key. In fact, bright yellow has been proven to be the most visible colour, and when we see black and yellow together, we have an instinctive reaction — an ancient collective memory — that keeps us paying attention.

Even our means of transportation can impact our impulse purchase. Not surprising really. We might be willing to fork over money and lighten our wallets, we're far less willing to carry our stuff. That's why shoppers who arrive by car instead of on foot are 44 per cent more likely to make an unplanned purchase.

Emotions play a huge role in our desire to impulse buy. If we're angry, stressed, guilty or bored, we're more likely to impulse purchase. No doubt that's why instead of buying useful or necessary stuff, impulse shoppers buy things that put them in a better mood.

That old adage "don't go shopping on an empty stomach" doesn't just apply to grocery shopping.

Psychologists at the National University of Singapore had participants shop in a room with an unscented candle or in a room with a cookie-scented candle.

The women exposed to the yummy smelling candle made more unplanned purchases. In fact 50 per cent more women made purchases in the cookie room even though both groups were told that they had a tight budget. Stimulating the appetite causes people to crave immediate gratification, even if the actions aren't in their best interest.

If you scratch the itch in the store, it's an impulse buy. When you realize you need something and then set out to get it, that's purposeful shopping. If you recognize the need away from the temptation to shop, it's what psychologists call "problem recognition" and you're much more likely to shop smart.

That's where sleeping on it comes into play.

If you walk away from the idea of the buy, giving your brain enough time to weigh the actual benefits (what said purchase will do for you) against the actual costs (money and missed future opportunities), you're moving from impulse shopping to problem recognition (and satisfaction).

The next time you think you want to, need to, have to buy something, go home and sleep on it.

For more money advice, visit Gail's website at gailvazoxlade.com

FENTANYL CRISIS

Fest crowd funds drug-checking tool

Shambhala organizers have been crowd funding to purchase a drug-testing machine for fentanyl.
THE CANADIAN PRESS

For the past 14 years, organizers of a giant electronic music festival on a British Columbia mountain ranch have quietly helped participants test their recreational drugs to find out what substances are inside.

Shambhala organizers will also hand out 4,000 pamphlets warning about the deadly drug fentanyl to those attending the festival that starts Wednesday.

But what they really want to increase safety is a miniature mobile mass spectrometer.

Unable to secure government funding for the sophisticated drug-testing machine, which could cost up to $250,000 or more, organizers have launched an online crowd funding campaign hoping to make the purchase by next year. The machine can detect many ingredients in one substance.

The campaign comes amid the declaration of a public health emergency over a surge of opioid overdose deaths in the province, many of them related to fentanyl.

Premier Christy Clark announced last week that a task force had been created to scale up the response. One of its stated goals is to improve street drug checking.

But Shambhala organizers say they can't wait. "We have to move very quickly if we're going to stop any more deaths from happening," said Chloe Sage, who has run the harm-reduction operation at the festival for the past six years.

The tent provides recreational users chemical agents that change colours when tested so they can personally check their drugs, but they don't work for fentanyl.

Sage said the creation of the provincial task force is movement in the right direction, and has only recently become possible as public opinion shifts. B.C.'s Ministry of Health funded Sage and a colleague to write a 60-page "how-to guide" for drug checking at music festivals this spring.

"The conversation has only become a national conversation in the last year," she said.

Participants at music festivals aren't typically opioid users, Sage said, but the tainting of many street drugs with fentanyl means it could show up.

The drug, which is up to 100 times more powerful than morphine, was linked to hundreds of overdose deaths in B.C in the first six months of this year.

Sage would ideally like the government to acquire several mobile mass spectrometers that could be rolled out to large events across the province. They could be made accessible to the public in high-risk communities or at supervised injection sites during the rest of the year, she said.

Experts and health policy makers in the province say a harm-reduction plan that facilitates drug checking has merit, but aren't convinced that buying expensive machines is the answer.
THE CANADIAN PRESS

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Fertility issues a man's concern, too

REPRODUCTIVE HEALTH

Men don't have 'all the time in the world' to become fathers

Sofi Papamarko
For Torstar News Service

In a world where famous septuagenarians routinely sire children with women a fraction of their age, it's easy to see why the limitations of male fertility are rarely considered.

According to popular legend and lore, ovaries and Fallopian tubes fossilize faster than you can say "Medusa," but men can effortlessly reproduce well into their golden years — right? Just ask Rod Stewart, Tony Randall and Mick Jagger.

Not so fast, fellas! As it turns out, we've been misled about the biological clocks of both sexes. Women are fertile far longer than ancient evidence claims and you, my silver-templed friend, are running out of time.

As a matchmaker, my female clients frequently discuss their anxieties with me re: fertility. Single and in their 30s, they wonder how to get the life and family they want when there's no man on the horizon.

Should they freeze their eggs? Hit up a sperm bank? Beg their gay bestie? Could it already be too late?

Meanwhile, men in the same age bracket busy themselves with careers and casual dating, thinking they might consider settling down and having a family in five or 10 years. Maybe. Possibly.

If or when they're ready, these men (now well into their 40s) come to me asking for significantly younger women. They're

Sperm count and motility decline dramatically when a man enters middle age.
CONTRIBUTED

worried that a woman in her mid-to-late 30s might not be able to deliver (quite literally), yet barely give any thought to their own waning fertility.

"The idea that women should be panicked and men have not a care in the world is simply inaccurate," says Moira Weigel, author of the new book Labor of Love: The Invention of Dating. "The single most surprising thing I learned (while researching my book) was this: men and women are found to experience fertility problems at exactly equal rates."

"According to the most recent data of the American Society for Reproductive Medicine, which comes from 2014 or 2015, in couples seeking fertility treatment in the United States, 40 per cent of the time the issue was found to be male factor, 40 per cent of the time it was found to be female factor and 20 per cent of the time the doctor couldn't tell."

New information about female fertility was brought to the public's attention in 2013 by Jean Twenge in her Atlantic magazine feature How Long Can You Wait to Have a Baby?

She writes: "The widely cited statistic that one in three women ages 35 to 39 will not be pregnant after a year of trying … is based on an article published in 2004 in the journal Human Reproduction. Rarely mentioned is the source of the data: French birth records from 1670 to 1830."

Seriously? So you're telling me that a generation of young women have been plagued with anxiety and sleepless nights over statistics from a time before electricity, indoor plumbing or tetanus shots? Women's reproductive health, longevity and immunity has improved significantly in the past several centuries. So why the continued assumptions that age 35 signals a female fertility apocalypse?

On the flip side, recent science suggests that sperm count, motility and morphology (shape and normalcy of cells) all decline dramatically when a man enters middle age.

According to a recent (like, definitely not before the Civil War) article in the journal Fertility and Sterility, sperm count and motility drop by almost half when you compare men aged 20 to 30 with men aged 51 to 60. Sperm morphology was significantly affected, as well.

In other words: your swimmers are making like Mark Spitz in your 20s and 30s but by the time you reach 50, they're doing an exhausted dog paddle and politely sputtering for a life-jacket.

It's time for men take responsibility for the age-related effects of infertility, too. If they're intent on biological fatherhood, men should make serious commitment and trying for a family a priority earlier on.

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A Boston Public Schools initiative will allow students to sign up for wake-up calls from David Ortiz designed to help inspire kids to get out of bed

Something's in the water

ROAD TO Rio
Contaminated coastline

'Don't put your head under,' expert warns

Just days ahead of the Olympic Games the waterways of Rio de Janeiro are as filthy as ever, contaminated with raw human sewage teeming with dangerous viruses and bacteria, according to a 16-month-long study commissioned by The Associated Press.

Not only are some 1,400 athletes at risk of getting violently ill in water competitions, but the AP's tests indicate that tourists also face potentially serious health risks on the golden beaches of Ipanema and Copacabana.

The AP's survey of the aquatic Olympic and Paralympic venues has revealed consistent and dangerously high levels of viruses from the pollution that has set off alarm bells among sailors, rowers and open-water swimmers.

The first results of the study published over a year ago showed viral levels at up to 1.7 million times what would be considered worrisome in North America or Europe. At those concentrations, swimmers and athletes who ingest just three teaspoons of water are almost certain to be infected with viruses that can cause stomach and respiratory illnesses and more rarely heart and brain inflammation — although whether they fall ill depends on factors like the strength of one's immune system.

Since the AP released the initial results last July, athletes have been taking elaborate precautions to prevent illnesses that could potentially knock them out of the competition, including taking preventative antibiotics, bleaching oars and donning plastic suits and gloves in a bid to limit contact with the water.

But antibiotics combat bacterial infections, not viruses. And the AP investigation found that infectious adenovirus readings — tested with cell cultures and verified with molecular biology protocols — turned up at nearly 90 per cent of the test sites over 16 months of testing.

"That's a very, very, very high percentage," said Dr. Valerie Harwood, Chair of the Department of Integrative Biology at the University of South Florida. "Seeing that level of human pathogenic virus is pretty much unheard of in surface waters in the U.S. You would never, ever see these levels because we treat our waste water. You just would not see this."

Testing at several of the city's world-famous beaches has shown that in addition to persistently high viral loads, the beaches often have levels of bacterial markers for sewage pollution that would be cause for concern abroad — and sometimes even exceed Rio state's lax water safety standards.

In light of the AP's findings, Harwood had one piece of advice for the 300,000-500,000 foreigners expected to descend on Rio for the Olympics: "Don't put your head under water."

Swimmers who cannot heed that advice stand to ingest water through their mouths and noses and therefore risk "getting violently ill," she said.

Despite a project aimed at preventing raw sewage from flowing directly into the Gloria Marina through storm drains, the waters remain just as contaminated. The first sampling there, in March, 2015, showed over 26 million adenoviruses per litre; this June, over 37 million adenoviruses per litre were detected.

The local organizing committee has previously said bacterial testing conducted by Rio state authorities has shown the aquatic venues to be within state guidelines.

The crux of the issue lies in the different types of testing used to determine the health and safety of recreational waters.

Bacterial tests measure levels of coliforms — different types of bacteria that tend not to cause illnesses themselves but are indicators of the presence of other, potentially harmful sewage-borne pathogens such as other bacteria, viruses and protozoa that can cause cholera, dysentery, hepatitis A and typhoid, among other diseases. Bacterial tests are the worldwide standard because they're cheap and easy.

But there's a growing consensus that they're not ideal for all climates, as bacteria break down quickly in tropical weather and salty marine waters. In contrast, viruses have been shown to survive for weeks, months or even years — meaning that in tropical Rio low bacterial markers can be completely out of step with high virus levels.

The testing also revealed alarming spikes in fecal coliform levels — the very measure the state government uses to determine the safety of Rio's recreational waters. THE ASSOCIATED PRESS

Beach goers swim at Copacabana Beach on Sunday in Rio de Janeiro. RYAN PIERSE/GETTY IMAGES

248M

The most contaminated point is the Rodrigo de Freitas Lagoon (rowing). In June, adenovirus readings were still a hair-raising 248 million adenoviruses per litre. In California, viral readings in the thousands per litre set off alarm bells.

IN BRIEF

Hesjedal to retire after '16

Canadian cyclist Ryder Hesjedal confirmed on Monday that he will retire at the end of the 2016 season.

Ryder Hesjedal GETTY IMAGES

The 35-year-old Victoria native won the 2012 Giro d'Italia won stages in the Vuelta a Espana (2009, 2014), earned a second place in the Amstel Gold Race (2010), and fifth overall in the Tour de France (2010). THE CANADIAN PRESS

Bauza tapped for big Argentina manager job

Edgardo Bauza, a former Argentine player who has been the coach of the Sao Paulo soccer club in Brazil, was named Tuesday to head Argentina's national team.

Bauza will replace Gerardo Martino, who along with star Lionel Messi, quit the team in July after Argentina lost the final of the Copa America tournament for a second consecutive year. THE ASSOCIATED PRESS

Bills bring in RB Bush

The Buffalo Bills have signed veteran free-agent running back Reggie Bush to a one-year contract.

The Bills announced the signing on Monday. THE ASSOCIATED PRESS

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Jays' Sanchez to 'pen after Liriano deal

MLB

Hutchison on move as vet pitcher signed from Pirates

The addition of veteran pitcher Francisco Liriano assures that all-star Aaron Sanchez will be heading to the Blue Jays bullpen.

The 32-year-old Liriano was acquired by Toronto in a trade with the Pittsburgh Pirates on Monday in exchange for right-hander Drew Hutchison.

The Jays were already discussing moving the 24-year-old Sanchez out of his starting role. General manager Ross Atkins says that acquiring Liriano makes the move a guarantee.

"A big part of Aaron is we feel like with transitioning him to a relief role will be the best thing for us being in a Game 7 of the World Series," Atkins said. "We're still working through the timing but this (trade) allows us to do that."

"The best chance for us to win a World Series is if Aaron Sanchez is part of the team, and we felt like the best odds of him being part of the team was at some point some transition to the bullpen. With that in mind, we now have the option to do that." Toronto also got two prospects in the deal, catcher Reese McGuire and outfielder Harold Ramirez.

Francisco Liriano GETTY IMAGES

Liriano has a 6-11 record this season in 21 starts with a 5.46 earned-run average and 116 strikeouts. The best season of Liriano's 11-year career came in 2013 with the Pirates, while he was an all-star at 22 with Minnesota in 2006. Atkins believes that Liriano's experience outweighs this season's numbers.

Liriano had a 16-8 record with a 3.02 ERA and 162 strikeouts in 2013 with Jays catcher Russell Martin as his primary backstop.

In other deals on Monday, Toronto acquired right-handed pitcher Scott Feldman from the Houston Astros in exchange for pitching prospect Gaudalupe Chavez. The Blue Jays also got righty Mike Bolsinger from the Los Angeles Dodgers for reliever Jesse Chavez and cash considerations. THE CANADIAN PRESS

Go to metronews.ca for coverage of Monday's Jays-Astros game in Houston.

TRADE DEADLINE HIGHLIGHTS

METS GET
Jay Bruce (OF)

REDS GET
Dilson Herrera (IF)
Max Wotell (LHP)
Erik Swanson (RHP)

GIANTS GET
Matt Moore (LHP)

RAYS GET
Lucius Fox (SS)
Michael Santos (RHP)

RANGERS GET
Jonathan Lucroy (C)
Jeremy Jeffress (RHP)

BREWERS GET
Lewis Brinson (OF)
Luis Ortiz (RHP)

RANGERS GET
Carlos Beltran (OF)

YANKEES GET
Dillon Tate (RHP)
Nick Green (RHP)

DODGERS GET
Rich Hill (LHP)
Josh Reddick (OF)

A'S GET
Jharel Cotton (RHP)
Grant Holmes (RHP)
Frankie Montas (RHP)

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RECIPE Green Goddess Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could add grilled chicken or shrimp to this creamy and crunchy salad or you could give the stove a break and enjoy a crisp, cool, vegetarian dinner.

Ready in
Prep Time: 5 minutes
Total Time: 10 minutes

Ingredients
- 6 or 7 stalks of asparagus
- 2 or 3 handfuls of Boston or Bibb lettuce
- 1/2 English cucumber
- 1 handful of cherry tomatoes
- 1/2 avocado
- 1/4 cup feta cheese, crumbled

Dressing
- 1/2 avocado
- 3/4 cup buttermilk
- 2 Tbsp chives, basil
- 3 tsp white wine vinegar
- 1 tsp anchovy paste
- 1 cup scallions

Directions

1. Put the dressing ingredients in a blender and whiz away.

2. Steam your asparagus for 3 to 5 minutes until they are crisp tender. Plunge them in cold water to stop them from cooking.

3. Wash and dry all of your other veggies. Tear and arrange your lettuce on a plate or platter.

4. Take the half, pitted avocado and cut into cubes. Scatter across the lettuce.

4. Cut up the asparagus into small pieces, about 2 inch lengths. Toss those on. Scatter the cucumber and tomatoes over your salad. Slightly dress the salad before covering in feta.

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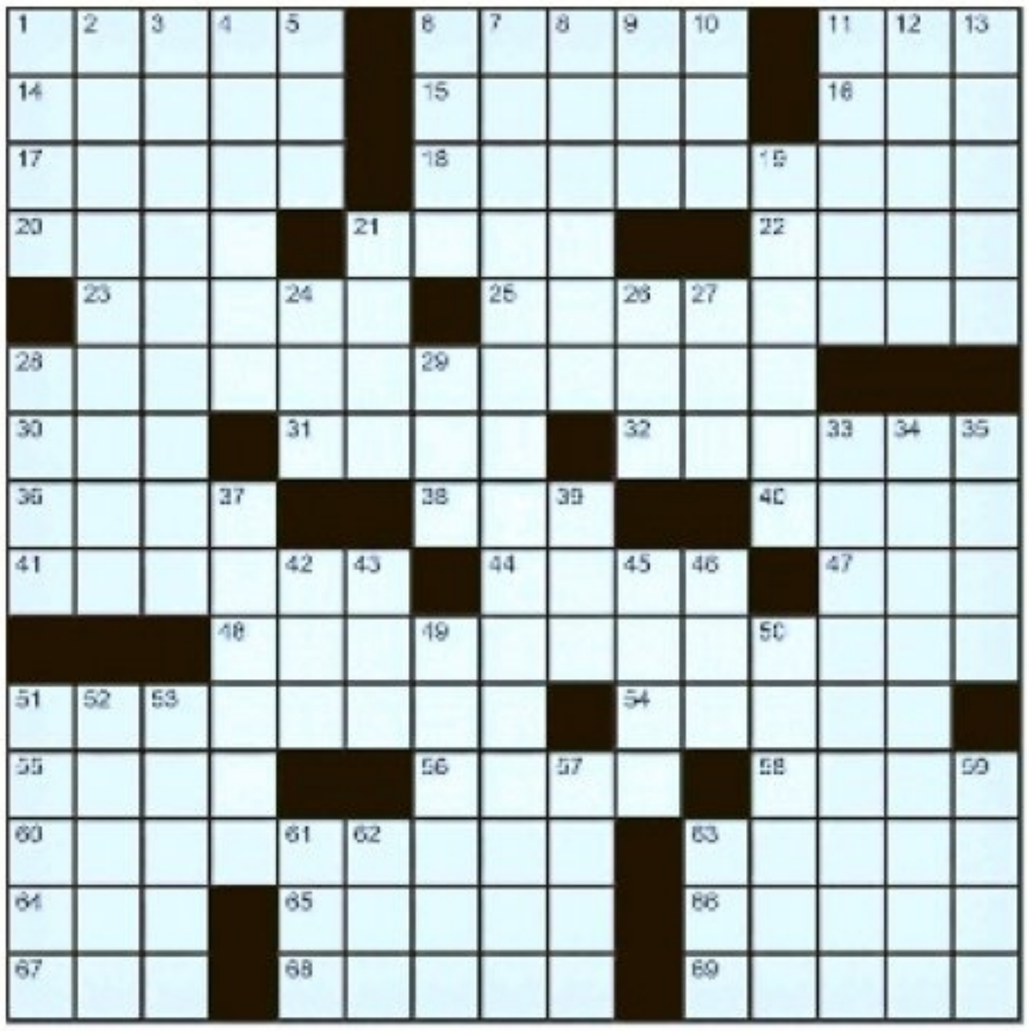
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Do alterations to the client's old suit
6. English-speaking Quebecer, commonly
11. _-med student
14. Offer one's point of view
15. Rock drill
16. Red Cross mission
17. Bette Davis' character in "All About Eve" (1950)
18. _ out (Expanding one's business, perhaps)
20. Plaintiff
21. Paving stone
22. "Come on, Dover, move yer bloomin' _!" - Eliza in "My Fair Lady" (1964)
23. Fido's collar attachment
25. Away-from-work breaks
28. Serving on a Canadian carnivore's breakfast plate: 2 wds.
30. Classic TV Cousin
31. Mr. LaBeouf
32. Group of four
36. Editor's 'let it stand'
38. Water channel, e.g.
40. Reasonable
41. Get the drink to fizz
44. Diplomacy
47. Murder trial proof, commonly
48. Canadian Museum of _ (Former name of the Canadian Museum of History in Gatineau, Quebec)
51. Beta-_
54. Wide assortment
55. Sort of lily
56. "That is _ _ out guitar!" ...exclaimed the '60s hippy rocker
58. Salt Lake City state
60. Little Bear constellation: 2 wds.
63. "Why _ _ _ longer receiving the magazine?"
64. Maritime message
65. Not hidden
66. Do the cha-cha
67. Farm animal
68. "Turn! Turn! Turn!" by The _
69. Wrath

DOWN
1. Followers of CD-
2. Military uniform's shoulder adornment
3. Circus performer, for example
4. "Just Once" singer James
5. Racing's Mr. Fabi
6. French monastery Superior
7. Saskatchewan city: 2 wds.
8. Dei _ Regina (By the grace of God, the Queen)
9. "Steal My Sunshine" group
10. Folklore creature
11. Matches
12. Mouthwash-using step
13. Ford vehicles made in Canada
19. Does a ghost's job
21. Ex-ruler of Iran
24. The Outsiders author Ms. Hinton's
26. Group of play scenes
27. Shoe section
28. Leaning Tower of _
29. '_ _' for Leamington
33. Beaming
34. Aggravator
35. "The _ Martin Show"
37. City in Washington state
39. Movie star, Aishwarya _
42. _-for-tat
43. Genesis fruit picker
45. Russian ruler
46. Driveway covering
49. More ludicrous
50. "The _ Show" (1998) starring Jim Carrey
51. Reason
52. Bow's shot
53. Russian, in Montreal
57. "_ & Minds" (Old show on Bravo)
59. Gardener, at times
61. Gang
62. Brick foliage
63. C-A-N-_-_-_

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon is the best day all year to look at the balance in your life with work versus play, socializing and appreciating your creativity. Life should not be all about work.

Taurus April 21 - May 21
This is the best day of the year to see ways to improve your home and your family relationships. It's a great day to make resolutions!

Gemini May 22 - June 21
Today's New Moon is the perfect day to think about your style of communicating to others. Are you clear in all your communications?

Cancer June 22 - July 23
You are frugal by nature. Nevertheless, today is the only New Moon all year urging you to make resolutions about how you handle your wealth.

Leo July 24 - Aug. 23
Because you are disciplined today, you will accomplish a lot. Examine the structures in your life to see what is really working and what is not.

Virgo Aug. 24 - Sept. 23
Take a moment today to think about the values that guide you on a daily basis. This is something we take for granted and often never think about.

Libra Sept. 24 - Oct. 23
Today's New Moon is your opportunity to think about how you can improve your friendships and your relationships with groups. After all, there's always room for improvement, isn't there?

Scorpio Oct. 24 - Nov. 22
People skills are important, especially when dealing with bosses and VIPs. How are your skills for dealing with authority figures?

Sagittarius Nov. 23 - Dec. 21
You love to travel, and you love to learn. Today's New Moon urges you to think of ways to enrich your life through travel and further study.

Capricorn Dec. 22 - Jan. 20
Each New Moon is a chance to make resolutions. Today's New Moon offers you a chance to think about how to get out of debt and handle shared property in a better way.

Aquarius Jan. 21 - Feb. 19
What can you do to improve your partnerships and closest relationships? This might be the best day of the year to think about this. Be honest with yourself.

Pisces
Feb. 20 - March 20
Today's New Moon is your chance to think about how to improve your health, as well as how to improve your job or how you do your job.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5		6			8		3	2
			6		4	9		5
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3		5	2		1			
1	4		9			3		8

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